



## **First Aid,CPR and AED Course**

Knowing the appropriate action to take in an emergency until professional help arrives is critical to saving lives.

This course is an excellent choice, whether at home , in a public place or in workplace.

This course meets the OSHA standards for first aid in the workplace.

### **What you will learn :**

- ✓ Recognize an emergency
- ✓ Act appropriately
- ✓ Sustain life until professional help arrives

### **Course content:**

- ❖ Acting in an emergency
- ❖ Preventing disease transmission
- ❖ Checking the victim
- ❖ Basic life support
- ❖ Recovery position choking
- ❖ Heart attack and chest pain
- ❖ Bleeding and wound care
- ❖ Shock
- ❖ Burns
- ❖ Serious injuries
- ❖ Bone, joint and muscle injuries
- ❖ Sudden illness
- ❖ Allergic reactions
- ❖ Poisoning
- ❖ Cold and heat emergencies
- ❖ Rescuing and moving victims

## **Course materials**

- ◆ Student Workbook
- ◆ NSC First aid Quick Guide
- ◆ NSC First Aid, CPR & AED DVD

## **Student workbook**

- Full-color photographs, illustrations and skills demonstrations
- NSC First Aid Quick Guide
- Nationality recognized course completion cards

## **NSC First Aid Quick Guide**

This full-color quick guide is the perfect handout making it easy for everyone to have first aid at their fingertips. It covers treatment on more than 50 first aid topics

## **Teaching method :**

- ✚ A variety of teaching methods are used in this course :
- ✚ VSI (Video Self Instruction ) for CPR skills
- ✚ Video / DVD skills demonstrations for first aid skills
- ✚ Video / DVD presentations of cognitive information
- ✚ Practice sessions using band ages, gloves , manikins ,etc.
- ✚ Skills evaluations by instructors
- ✚ Instructor-led analysis of emergency care scenarios
- ✚ Instructor –led role playing of emergency care scenarios
- ✚ Written review exercises
- ✚ Written examination

## **Course Length**

- 8 hours

## **Course Completion**

1. All written examinations for National Safety Council courses are multiple-choice exams and require a minimum passing score of 80%
2. Participants must also be able to demonstrate the required skills for each course